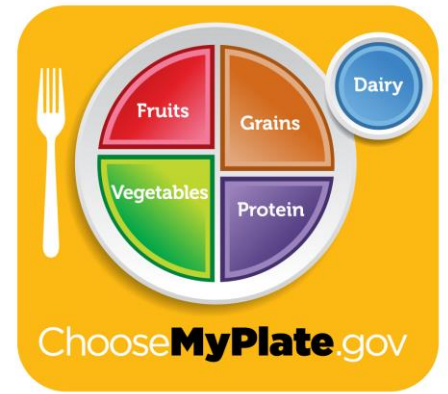


Healthy eating is now easier than ever.



Here's how it works:

- **Pile on the good stuff.** Make half of your plate fruits and veggies.
- **Get lean with protein.** A quarter of your plate with protein will keep you full between meals.
- **Go for color.** Foods that are vibrant in color usually pack the most nutritive punch.
- **Fill with fiber.** Choosing whole grains on a quarter of your plate will make that meal last.
- **Mind your drink.** Opt for low-calorie drinks such as water and unsweetened tea.

Remember these helpful tips:

- **Write down what you eat** and you will make better choices tomorrow.
- **Don't skip meals.** Eat every 3-5 hours.
- **Use a smaller plate for smaller portions.** Honestly, it works!
- **Get family support for your healthy lifestyle** by including loved ones and friends.
- **Recognize when you are full** and don't wait until you are famished to refuel.
- **Try to stick to your plan 80% of the time.** Nobody's perfect, so don't get frustrated if you have an occasional slip up.

Write down your goals to help make them a reality!

My reason for wanting to eat healthy is:

I will know I've reached my healthy eating goal when:

If something gets in the way of my goal, I will overcome it by:

Just fill your plate with the four essential food groups. New healthy eating guidelines are making it easier than ever to eat right and get the nutrition you need. Balance your diet with the four food groups (plus some dairy) and you're on the right track!

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